

Wok This Way!

Seasoning a Carbon Steel Wok

- * Scour the wok with hot, soapy water.
- * Dry it thoroughly.
- * Rub it evenly with a coating of vegetable oil.
- * Heat until the inner surface turns brown to get the first layer of a seasoned surface that will prevent food from sticking.
- * After each use, wash with hot water using little or no soap, dry well and lightly coat with fresh oil.

Stir Fry Cooking Tips

- * Prepare ahead by cutting, measuring and marinating before you start the wok.
- * Cut ingredients into uniform, bite-size pieces to cook quickly and evenly.
- * When stir-frying, always heat any wok for one or two minutes before you add any ingredients, including oil.
- * Swirl the oil around to coat the entire cooking surface.
- * Work in order adding the aromatic seasonings first, then the protein, then the denser vegetables and finally the softer, leafier vegetables.
- * Keep it moving with long chop sticks or spatula to prevent burning.
- * Too much food will cool off the heat and prevent foods from browning or cooking evenly; avoid this by cooking meat first, removing it from the wok, cooking the vegetables and then returning the meat to the wok.
- * If your recipe calls for a cornstarch and water thickener, dissolve 1 teaspoon of cornstarch in 2 teaspoons of cold water before adding it to the wok; then stir constantly until the liquid boils and thickens.

Steaming Cooking Tips

- * Place a steam rack in the wok one inch above the water and bring to a boil.
- * Line the steamer with clean damp cloth (a dish towel works well), parchment paper or fresh greens such as napa cabbage or lettuce to prevent foods from sticking.
- * Cover the steamer and put the lid on your wok.
- * Check water level periodically and add boiling water as needed.
- * Steam can burn; be careful to lift the lid away from you to let steam escape before adding water or removing food.

Cutting Techniques

Most Asian cooks use different cutting techniques for different dishes. Here are six basic cuts you can perfect with just a little practice.

- * *Slicing* - hold the knife vertical or horizontal to the cutting board and cut straight across the ingredient.
- * *Julienne and Shredding* - to get narrow strips, slice the ingredient into pieces of roughly 1/8-inch thickness, stack two or three of these pieces and cut them again into 1/8-inch sticks.
- * *Dicing* - make the julienne sticks above, line the sticks up perpendicular to the knife blade and cut straight down to get the size cubes called for in your recipe - usually 1/4- to 1/2-inch.
- * *Mincing* - slice or dice the ingredient into small pieces, then using the tip of the knife as a pivot, move only the lower blade in a chopping motion, from side to side across the ingredient until it is finely minced.
- * *Roll-cutting* - For carrots, zucchini and other cylindrical vegetables, hold the knife perpendicular to the board and slice down on a diagonal angle, then roll the vegetable a quarter turn and slice at the same angle; keep rolling and slicing a quarter turn at a time.
- * *Crushing* - a fast, easy way to smash ginger, garlic and lemongrass, place the knife flat on the ingredient with the blade facing away and press down hard on the blade with the palm of your hand.

Hot And Sour Dumplings In Chili Broth
Hokkien Fried Noodles

Hot And Sour Dumplings In Chili Broth

- 16 wonton wrappers
=== FILLING ===
- 6 oz ground chicken or lean ground pork
2 tsp cooking oil
3 Tbs chicken broth
2 garlic cloves, thinly sliced
1 Tbs oyster-flavored sauce
2 tsp finely-julienned ginger
2 tsp cornstarch
1/3 cup thinly-sliced carrot
8 snow peas, thinly sliced
1 jalapeño or serrano chile, thinly sliced
=== CHILI BROTH ===
- 3 cups chicken broth
2 Tbs black vinegar
2 Tbs soy sauce
1 tsp chili sauce

- 1 Combine filling ingredients in a bowl, mix well. Let stand for 30 minutes. Combine broth ingredients in a bowl.
- 2 To fill each dumpling, place a heaping teaspoon of filling in center of a wonton wrapper; keep remaining wrappers covered to prevent drying. Brush edge of wrapper with water and fold in half to form a triangle; press edges to seal.
- 3 As you work, place dumplings on a baking sheet and cover with a dry towel. Heat a large pot of water to boiling, add dumplings, and cook until they float, 2 to 3 minutes.
- 4 Meanwhile, heat a wok over high heat until hot. Add oil, garlic, and ginger; stir-fry until fragrant, about 10 seconds. Add carrot, snow peas, and chile; stir-fry until carrot is crisp-tender, 1 to 2 minutes. Add chili broth ingredients and bring to a boil. Drain dumplings and place in soup bowls. Ladle chili broth over dumplings.
- 5 This recipe yields 2 to 4 servings.

Servings: 2

Recipe Type: Main Dish

Source

Source: Kentucky Educational Television at
http://www.ket.org/Visions/Extras/Extras_YanBio.html

Author Notes

Recipe from "Yan Can Cook: The Best of China" series

Hokkien Fried Noodles

=== COOKING SAUCE ===

- 1 cup chicken broth
- 2 Tbs soy sauce
- 1 Tbs chili garlic sauce
- 1 tsp sesame oil
- ½ tsp freshly-ground white pepper

=== NOODLES ===

- 5 oz fresh Chinese egg noodles
- ½ oz dried rice vermicelli (beehoon)

=== COOKING ===

- 2 Tbs cooking oil
- 1 Tbs minced garlic
- 1 tsp minced ginger
- 1 green onion, julienned
- ¼ lb boneless skinless chicken, thinly sliced
- ¼ lb medium raw shrimp, shelled, deveined, and cut in half lengthwise
- ¼ lb firm white fish, (optional) (such as sea bass, sliced)
- 1 fresh red jalapeño chili, julienned
- ¼ cup julienned carrot
- 3 baby bok choy, sliced
- 1 Chinese cabbage leaf, sliced
- 1 egg, lightly beaten
- Chicken broth, (optional)
- Cilantro sprigs

- 1 In a small bowl, combine cooking sauce ingredients.
- 2 In a large pot of boiling water, cook egg noodles for 2 minutes; drain, rinse with cold water, and drain again. Soak rice vermicelli in warm water for 5 minutes; drain.
- 3 Place a wok over high heat until hot. Add oil, swirling to coat sides. Add garlic, ginger, and green onion; stir for 1 minute. Add chicken, shrimp, and fish (if used); cook 2 minutes longer. Reduce heat to medium.
- 4 Add chili, carrot, bok choy, cabbage, cooking sauce, noodles, and rice vermicelli. Stir well to coat noodles, then cook until vegetables and noodles are tender, 4 to 5 minutes. Stir in egg. If pan appears dry, add a few spoonfuls of chicken broth. Garnish with cilantro sprigs.
- 5 This recipe yields 4 servings.

Servings: 4

Recipe Type: Noodles, Side Dish

Source

Source: Yan Can Cook at <http://www.asianconnections.com/yancancook/recipes/>

Author Notes

Recipe from "Martin Yan's Asia: Favorite Recipes from Hong Kong, Singapore, Malaysia, the Philippines, and Japan" by Martin Yan, (KQED Books, 1997)